THE RECOVERY KERNEL

[illegible]

DXM [illegible]:

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* [illegible]
* [illegible]
* [illegible]
* [illegible] **DXM** [illegible]

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[illegible]

DXM · Dextromethorphan · Robo · Robotripping · Triple C · Skittles · DM · Gel Caps · Delsym.

⚠ [illegible] - [illegible] | [illegible]: **112 [illegible] 9152987821 [illegible]**

DXM [illegible] SSRI [illegible] MAOI [illegible], [illegible]

[illegible] ([illegible], [illegible], [illegible]) [illegible]

CYP2D6 [illegible]—[illegible]

[illegible]:

[illegible]-[illegible], [illegible]

[illegible], [illegible]-[illegible]-[illegible]: "[illegible]-[illegible]-[illegible]" [illegible] CYP2D6 [illegible], [illegible] DXM [illegible]-[illegible]-[illegible]: [illegible] CYP2D6 [illegible] DXM [illegible], [illegible], [illegible]

[illegible], [illegible]-[illegible]: [illegible] - [illegible], [illegible], [illegible]

[illegible], [illegible] NMDA [illegible]: DXM [illegible] NMDA [illegible] - [illegible]

[illegible]

DXM [illegible]

[illegible] 0 [illegible] - DXM [illegible]

[illegible] 0 - [illegible]: [illegible]

**[[illegible] [illegible] [illegible] [

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		[illegible]	[illegible]
Guaifenesin ([illegible])	Robitussin DM, [illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible], 112 [illegible]
DXM [illegible]	Delsym ([illegible]-[illegible]), [illegible], [illegible] 12-[illegible].	DXM [illegible]: [illegible] ([illegible] SSRI [illegible]), [illegible]	[illegible]

⚠ CORICIDIN COUGH & COLD (TRIPLE C) [illegible] (DXM)[illegible] TRIPLE C [illegible] (DXM) [illegible]

0.2 — [illegible]: [illegible]

⚠ [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

DXM [illegible] [illegible] [illegible] - [illegible] SERT [illegible] [illegible], [illegible] [illegible] SSRI [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

- SSRIs (Prozac/fluoxetine, Zoloft/sertraline, Lexapro/escitalopram, Celexa/citalopram, Paxil/paroxetine): [illegible] SERT [illegible] [illegible] [illegible] - DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], paroxetine [illegible] [illegible] CYP2D6 [illegible] [illegible], [illegible] [illegible] [illegible] DXM [illegible] dextrorphan [illegible] [illegible] [illegible] [illegible], [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- SNRIs ([illegible] [illegible] Effexor/venlafaxine, Cymbalta/duloxetine): [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- MAOI ([illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]/[illegible]): [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - DXM [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
- [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]): [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]: [illegible], [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(**[illegible] [illegible] [illegible] [illegible]**)**, [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] **112** [illegible] [illegible].

CYP2D6 [illegible] [illegible] [illegible]: **CYP2D6** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **DXM** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **DXM** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] **SERT-**[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **CYP2D6** [illegible] [illegible] [illegible] [illegible]: **DXM** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

0.3 — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible]	Response
[illegible] [illegible] [illegible]/[illegible]	[illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible]

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	[illegible] DXM [illegible]	
[illegible] (SERT) [illegible]	DXM [illegible]: [illegible] - [illegible] SSRI [illegible], [illegible], [illegible], [illegible] SERT [illegible] DXM [illegible]	[illegible], [illegible] MDMA [illegible] - 5-HTP [illegible], [illegible] SERT [illegible] 5-HTP [illegible] DXM [illegible] 3-5 [illegible], [illegible] 5-HTP [illegible].
[illegible]-[illegible] ([illegible])[illegible]	DXM [illegible]-[illegible] - [illegible], [illegible] ([illegible]) [illegible], [illegible], [illegible]	[illegible], [illegible] 4[illegible] (1000mg+) [illegible], [illegible] DLPA ([illegible]) [illegible], [illegible] DXM [illegible], [illegible]-[illegible].

1.2 — CYP2D6 [illegible]: [illegible]-[illegible]

[illegible] - [illegible]-[illegible]-[illegible]

[illegible] CYP2D6 [illegible]: "[illegible], [illegible] CYP2D6 [illegible]" DXM [illegible], [illegible] CYP2D6 [illegible] DXM [illegible] - [illegible].

CYP2D6 [illegible]	[illegible], [illegible]	[illegible]
[illegible] ([illegible] 75% [illegible], [illegible])[illegible]	DXM [illegible], [illegible] ([illegible] NMDA [illegible]) [illegible] - [illegible] NMDA [illegible] DMN [illegible]-1 [illegible] SERT [illegible], [illegible] NMDA [illegible]	[illegible] ([illegible]-[illegible]), [illegible]
CYP2D6 [illegible] ([illegible] 7-10% [illegible]; [illegible] 1-2% [illegible])[illegible]	DXM [illegible] DXM [illegible] DXM [illegible] SERT [illegible]-1 [illegible], [illegible] NMDA [illegible], [illegible] "[illegible]" [illegible] "[illegible]/[illegible]-1" [illegible] - [illegible]	[illegible] (poor metabolizers) [illegible] (DXM) [illegible] (SSRI) [illegible], [illegible]-[illegible], [illegible].
CYP2D6 [illegible] (~1–2%)[illegible]	DXM [illegible] - [illegible], [illegible]	DXM [illegible] NMDA [illegible]: [illegible] CYP2D6 [illegible] ([illegible], [illegible], [illegible]) [illegible]-[illegible], [illegible] DXM [illegible]
CYP2D6 [illegible]	[illegible] ([illegible]) [illegible] ([illegible]) [illegible] CYP2D6 [illegible], [illegible] CYP2D6 [illegible] -	DXM + Prozac [illegible] DXM + Paxil [illegible]-[illegible]-[illegible].

	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] SERT [illegible] [illegible] [illegible] [illegible]	

1.3 — [illegible]: [illegible]

[illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]

'[illegible]' [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] FAQ [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	700–1500mg+	[illegible] [illegible] [illegible]

		[redacted] * [redacted] * [redacted] * [redacted] * [redacted] * [redacted] * [redacted] * [redacted] * [redacted] * [redacted] * [redacted] * [redacted] * [redacted] [redacted] **findahelpline.com** [redacted]
[redacted] - [redacted], [redacted]- [redacted]	[redacted], [redacted], [redacted], [redacted] - [redacted] [redacted] [redacted]

(paradoxical focus)□	□□□□□□□□□ □□□□□ □□□□ □□□□ □□□□□ □□□□ □□□□ □□□□□□□ □□□□□□□□ (NMDA) □□ □□□□□□□-1 □□ □□□□□□□□ □□□□□□□ □□ □□□□□ □□, □□ □□□□□□□ (attention) □□ □□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□ □□ □□□□□□□□□ □□□□□ □□□□□ □□□□□□□□ □□ □□□□ □□□□□□□□□ □□ □□□□□□ □□ □□□□-□□□□□ □□ □□□□ □□□□ □□□□□ □□□□□ □□, □□□□□□ □□□□ □□□□ □□ □□□□□□□□□ □□□□ □□ □□□□□□□ □□□□□ □□□□ □□□□	□□□□□□□□□□□□□□) □□ □□□□□□□□□□□ □□□□□□, □□ □□ □□□□□□ □□□□□□□□□ □□□□□□□□□ □□ □□□□□□□ □□□□ □□□□□ □□□□□ □□□□□□□□ □□ □□□□□ □□□□□ □□ □□□□□□□□□□□□□□□□□□□□ □□ □□□□□□ □□ □□ □□□□□□□ □□□□□ □□□□ □□ □□□□□ □□.
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DXM [illegible] CYP2D6 [illegible] - [illegible], [illegible].

[illegible]

[illegible]	[illegible]	[illegible]	**DXM** [illegible]
CYP2D6	[illegible] - [illegible] ([illegible])	*4/*4 [illegible] (7–10% [illegible]); *1/*1 [illegible]; [illegible]-[illegible] [illegible]	DXM [illegible] - [illegible] CYP2D6 [illegible]-[illegible]-[illegible] DXM [illegible]: [illegible] DXM ([illegible]-1, SERT [illegible]) [illegible], [illegible] (NMDA) [illegible] DXM [illegible] CYP2D6 [illegible] ([illegible], [illegible], [illegible]) [illegible] CYP2D6-[illegible]
SLC6A4 / 5-HTTLPR	[illegible]	[illegible]/[illegible] [illegible] ([illegible] SERT [illegible])	SLC6A4 [illegible]/[illegible] [illegible] SERT [illegible] - DXM [illegible] SERT [illegible] ([illegible], [illegible]) [illegible]. CYP2D6 [illegible]/[illegible] [illegible], DXM [illegible]

HTR2A	5-HT2A [illegible] - [illegible] "[illegible]" [illegible]	[illegible]	DXM [illegible]-1 [illegible] NMDA [illegible], 5-HT2A [illegible]-[illegible] DMN ([illegible]) [illegible], [illegible] HTR2A [illegible], DXM [illegible] HPPD ([illegible]) [illegible] - [illegible] DXM [illegible] LSD [illegible] HPPD [illegible]
COMT	[illegible]	Val158Met (rs4680)	COMT Met/Met ([illegible]) [illegible] "[illegible]" [illegible], [illegible], [illegible]-1 [illegible] "[illegible]" COMT [illegible]: [illegible], [illegible]
MTHFR	[illegible] - [illegible]	C677T (rs1801133), A1298C (rs1801131)	MTHFR [illegible], [illegible] (DXM) [illegible] 5-MTHF [illegible].
DRD4 / DAT1 ([illegible])	[illegible] - [illegible].	DRD4 7-repeat (rs1800955); DAT1 10-repeat (rs28363170)	ADHD [illegible] DRD4 7-[illegible] DAT1 10-[illegible] (DXM) [illegible] DXM [illegible], [illegible], [illegible] ADHD [illegible] DXM [illegible]-[illegible] ADHD [illegible] ADHD [illegible]

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⚠ [illegible] [illegible] **DXM** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible], [illegible], [illegible], [illegible] [illegible]**)** [illegible] [illegible] **[illegible]: [illegible] NAC** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **24-72** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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- [illegible] (400-600 [illegible], [illegible]): [illegible]-[illegible]
- L-Theanine (200–400mg, [illegible]): [illegible] NMDA [illegible]; [illegible] NMDA [illegible]
- [illegible] (3-5 [illegible], [illegible]): [illegible]-[illegible], [illegible].
- [illegible]-3 [illegible] ([illegible] 2 [illegible]): [illegible], [illegible]; [illegible]-[illegible]

4.4 — [illegible]

⚠ 5-HTP [illegible] 3-5 [illegible] DXM [illegible], [illegible] DXM [illegible] 5-HTP [illegible].

- 5-HTP (50–100mg, [illegible] - [illegible]): [illegible] DXM [illegible] SERT [illegible] SSRI, SNRI [illegible] MAOI [illegible].
- L-[illegible] (500-1000 [illegible], [illegible], [illegible]): 5-HTP [illegible] - [illegible], [illegible]-[illegible] L-[illegible] 5-HTP [illegible]
- [illegible] (4–8 [illegible], [illegible]): [illegible]; [illegible]; [illegible], [illegible]
- EPA-[illegible]-3 ([illegible] 2-4 [illegible]): [illegible], [illegible]

4. 5 — [illegible], [illegible]

[illegible] (DXM) [illegible], [illegible], [illegible] (HPPD)-[illegible] - [illegible], [illegible], [illegible] DXM [illegible] NMDA [illegible]-1 [illegible].

- DXM □□ □□□□ □□□ □□ □□□ □□□□ □□□□□□ □□: NMDA □□ □□□□□□-1 □□□□□□□□□□ □□ □□□□□ □□ □□□□□□□□□□□ □□□□□□ □□□□□□□□ □□ □□□ □□□□ □□□ □□□□□ □□ □□ □□□□□□□□ □□□□ □□□
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Semax	BDNF [illegible]; [illegible] [illegible] [illegible]; [illegible] (DXM) [illegible] NMDA [illegible] [illegible] ADHD [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] BDNF-[illegible] [illegible] [illegible]	[illegible] 2 [illegible]	DXM [illegible] [illegible] [illegible] [illegible] – [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] – [illegible] [illegible] [illegible] [illegible] [illegible] ADHD [illegible] [illegible] Semax [illegible] BDNF-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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DXM [illegible] [illegible]-[illegible] [illegible] [illegible]-[illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [

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DXM [illegible] [illegible] [illegible]

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[illegible]

8.3 — [illegible]

- DXM [illegible]: [illegible] DXM [illegible] [illegible] (18+) [illegible] CVS Pharmacy DXM [illegible] - [illegible]
- DXM [illegible]: Erowid [illegible] DXM [illegible] (erowid.org/chemicals/dxm) [illegible] DXM [illegible] (FAQ) [illegible]
- SAMHSA's Treatment Locator (findtreatment.gov): while DXM is rarely listed as a primary substance, substance use disorder treatment for comorbid depression, ADHD, and anxiety is appropriately addressed through the standard treatment locator.
- [illegible]: 1-800-852-8336 ([illegible])
- Crisis Text Line: [illegible] HOME [illegible] 741741.

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DXM [illegible] [illegible] [illegible]

DXM □□ □□□□ □□ □□ □□□□ □□ □□□ □□□□□□□: erowid.org/chemicals/dxm | □□□□□ □□□□□□□□□: 1-800-852-8336 | □□□□□□□□□ □□□□□□ □□ □□□, "HOME" □□□□□ 741741 □□ □□□□□ □□□□□□

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Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

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